

# Using the DISKUS<sup>®</sup> Inhaler

To use a DISKUS inhaler, follow the steps below. You can take a dose from the DISKUS with 3 simple steps: open, click, and inhale. If you have questions, ask your doctor or pharmacist.

## 1. Open

Hold the DISKUS in one hand. Put the thumb of your other hand on the thumbgrip. Push your thumb away from you as far as it will go until the mouthpiece appears and snaps into place.

## 2. Click

Hold the DISKUS in a level, horizontal position. The mouthpiece should be toward you. Slide the lever away from you as far as it will go until it clicks. The DISKUS is now ready to use. Every time the lever is pushed back, a dose is ready to inhale. This is shown by the dose counter. To avoid releasing or wasting doses by mistake:

- Do not close the device.
- Do not play with the lever.
- Do not slide the lever more than once.

## 3. Inhale

Breathe out as far as is comfortable. Hold the DISKUS level and away from your mouth. Now, put the mouthpiece to your lips. Breathe in steadily and deeply through the DISKUS, not through your nose. Then remove the DISKUS from your mouth. Never breathe out into the DISKUS mouthpiece. Hold your breath for about 10 seconds, or for as long as is comfortable. Breathe out slowly.

When you are finished taking a dose, **CLOSE** the DISKUS. Put your thumb on the thumbgrip. Slide it back toward you as far as it will go. The DISKUS will click shut. The lever will return to its original position and reset. The DISKUS is now ready for your next scheduled dose.

